

ANOTHER STAB AT MIDDLE EAST PEACE, PG 5

Celebrity Buzz

Grieving Travolta losing faith in Scientology?

pg 14



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MONDAY, JULY 6



Local

pg 2

Haligonians feel the love during Pride Parade



Pizza shop employee attacked

CRIME A Dartmouth pizza shop worker ended up in hospital early yesterday morning after being attacked by three people brandishing a metal pipe and what police believe was bear spray.

Halifax Regional Police said the two female suspects and one male suspect who walked into the fast food restaurant on the 100 block of Highfield Park Drive at about 12:45 a.m. "are known to the victim," adding it doesn't appear that robbery was the motive behind the assault.

The employee sustained injuries that were not life-threatening when he was sprayed with the substance and hit with the metal pipe, police said.

METRO HALIFAX

Entertainment pg 13



Celebs hit Comic Con

Sports pg 10

Spaniard tops at Tour de France

Going Green pg 8

G8 emissions plan lacking

Shakespeare by the Sea



Tom Smith, playing the role of Jack in Shakespeare by the Sea's presentation of Jack and the Beanstalk-Market, stops the terrible violin playing of the Giant (Jeff Schwager) during a performance at Point Pleasant Park last night. Shakespeare by the Sea's summer season also includes performances of Love's Labour's Lost and Macbeth, which premieres Aug. 1.

What a racket

PHOTO BY JEFFREY RAY

Via service expected to resume today

KRISTEN LIPSCOMBE
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RAIL Via Rail trains across the county started getting back on track yesterday, with full service on most routes expected to resume today, including in Halifax.

Service came to a halt at 1 p.m. AT on Friday when locomotive engineers and yardmasters started walking the picket lines. After two days of striking, the union representing about 340 workers across the country and the company announced that they've agreed to binding arbitration.

"Teamsters Canada Rail Conference and the Via Rail Canada ... agreed very late (Saturday) night to appeal to a federal arbitrator who will impose a new collective agreement to both parties," a statement on the union's national website said.

Although no trains were leaving or arriving in Halifax yesterday, the overnight Ocean train was scheduled to leave Montreal for Halifax at 7:30 p.m. AT last night and should arrive here just before 4:30 p.m. today.

The Ocean is scheduled to leave Halifax at 12:35 p.m. today, according to the Via Rail website, but customers should check viarail.ca or call 1-888-842-7245 for updated information.

"If you look at the definition, it involves wounding, maiming or disfiguring, so that will give you a sense of the extent of the injuries."

Rath said neither parent has a criminal history.

If the baby's condition worsens and she dies, police could upgrade the charges, Rath said.

Parents face charge

7-week-old girl in hospital with life-threatening injuries

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Two 23-year-old Halifax parents have been charged with aggravated assault in a suspected case of child abuse involving their seven-week-old daughter, something that Halifax Regional Police spokeswoman Theresa Rath calls "troubling and shocking."

Police say the baby has sustained life-threatening injuries.

The mother and father were charged with one count each of aggravated assault on Saturday. They

Publication ban

- During Wednesday's scheduled court appearance for the two accused parents, Halifax Regional Police will ask the judge for a publication ban on anything related to the identity of the parents to protect the identity of the baby.

have been remanded until their next scheduled court appearance on Wednesday.

"This is certainly something that stands out," Rath said yesterday. "This is very troubling and shocking for police because we're talking about a defenceless baby

who is seven weeks old."

According to Rath, at about 8:20 p.m. Thursday, the parents made a 9-1-1 call in regards to an injured person, who was their baby. Paramedics arrived at the scene and asked for police backup because, according to Rath, "they were concerned about the situation."

The child was then taken to the IWK Health Centre in Halifax, and police were told their involvement wasn't required.

But Rath said police were re-contacted by concerned hospital staff early Friday morning. That started a police investigation, which led to both parents being ar-

rested at their Halifax residence later in the day.

"We can't get into the injuries (because) it is now a matter before the courts, but what I can tell you is we laid a charge of aggravated assault, and that is the most serious assault charge you can lay under the Criminal Code of Canada," Rath said.

"If you look at the definition, it involves wounding, maiming or disfiguring, so that will give you a sense of the extent of the injuries."

Rath said neither parent has a criminal history.

If the baby's condition worsens and she dies, police could upgrade the charges, Rath said.

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A 24-year-old female is facing charges of impaired driving and weapon-related offences after Halifax Regional Police say a loaded handgun was found in the vehicle of a car stopped in the area of Victoria and Primrose roads early yesterday morning. A 26-year-old male passenger is also facing charges, but hasn't been located. METRO HALIFAX

Local



Ex-president visited Fox Harb'r?

Former U.S. president George W. Bush was rumoured to have attended a networking session of business and political leaders at Fox Harb'r resort over the weekend. A spokesperson at the resort would not comment on the list of delegate attendees. Former New Brunswick premier Frank McKenna hosted his annual networking session where matters of national and global importance were discussed. In the past this event has drawn former U.S. presidents George H.W. Bush and Bill Clinton.

METRO HALIFAX

Haligonian hearts feel a little love

Halifax Pride Parade focuses on sense of community and respect



HILARY BEAUMONT
for Metro Halifax

Pride, Respect, Community were the rainbow words pronounced on the side of a float during the Halifax Pride Parade Saturday afternoon.

Pridesters on the float also sang Put a Little Love in Your Heart to hundreds of people lining the sunny curbs to watch in the downtown core.

Participants and spectators — queer and straight — wore rainbow flags during the parade to demonstrate their pride for a culture as well as a sexual spectrum.

For Sandra Bornemann, who held hands with her transgendered husband Julien Davis, Pride represents much more than sexuality. "It's about visibility as well, because in the LGBT (lesbian, gay, bisexual, transgendered) community, the T is often invisible," Bornemann said. "We're showing that it's not so invisible."

Those partaking in the



A participant in the 22nd annual Halifax Pride parade waves flags as he marches down Spring Garden Road in Halifax Saturday afternoon.

parade made plenty of noise as they walked, danced or even hula-hooped their way through the streets of Halifax.

The first Halifax Pride Parade in 1988 was more of a protest, said Kevin Kindred, spokesman for the Nova Scotia Rainbow Action Project.

"There were about 25 people that took part, some of whom took part with bags over their heads so no one would recognize

who they are," he said.

And while Saturday's parade participants wore smiles, Kindred said there are still important battles ahead.

"There's a lot of homophobia that people experience at vulnerable times in their lives — when they're getting health care, when they're older," he said. "The new face of the movement will try to eliminate homophobia in a way that has nothing to do with the



Metro Halifax celebrated the Halifax Pride parade by entering Metro paraders, and hosting a Metro chilling tent.

Festive conclusion

- Halifax Pride 2009 officially wrapped up yesterday with a pancake and sausage brunch at the Menz Bar on Gottingen Street in Halifax and the Pride Family Picnic on the Dartmouth Common. This year's

event took place over nine days, and included events such as the popular parade, the annual Dykes vs. Divas softball game and concerts at various venues throughout Halifax.

law, but has to do with the realities in people's lives."

Four Halifax churches also participated in the parade, as same sex couples

marched with the United Church group.

"Some components of the church have had a long history of oppression, but

the United Church of Canada is an inclusive church," said Martha Martin, a minister at St. Andrews United Church on Coburg Road. "We're here to express our solidarity and to say that they're welcome in our church."

Darrell Dexter also took part in the parade, becoming Nova Scotia's first premier to do so. He wore a necklace of rainbow flowers and waved to spectators.

News in brief

CONTEST Amherst beat out Dartmouth to be named as a winning community in the Kraft Celebration Tour — which will see TSN's news program, Sportscentre, broadcast live from 10 communities.

AMHERST DAILY NEWS



WHAT'S ONLINE TODAY

Video Aboard the International Space Station, Julie Payette talks about preparing to return to Earth at metronews.ca/canada



Lotteries

Friday, July 24
Lotto Super 7:1, 5, 18, 27, 29, 30 & 34. Bonus 3.
Saturday, July 25
Lotto 6/49: 10, 19, 29, 32, 38 & 44. Bonus 26

Hyde inquiry takes week off

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HIATUS The fatal inquiry into the death of Howard Hyde is taking a week off, with testimony resuming Tuesday, Aug. 4.

For the last three weeks, Judge Anne Derrick has been presiding over the inquiry that is looking into the death of Hyde, a 45-year-old who was Tasered by Halifax Regional Police and died 30 hours later during a struggle with guards at the Burnside jail.

Hyde's death came after he was arrested and charged with assaulting his common-law wife on Nov. 22, 2007. Hyde suffered from schizophrenia and was off his medication when the incident took place.

"I, in no way, put any pressure on that staff member."

Staff Sgt. Sean Auld, on lawyer's claim

During Friday's testimony, HRP Staff Sgt. Sean Auld denied a claim by Hyde family lawyer Kevin MacDonald that he pressured hospital staff to release Hyde after he was Tasered multiple times by police. After struggling with police and getting Tasered, Hyde's heart stopped beating and was taken to hospital.

"I'm offended by that, actually," Auld is quoted as saying during the inquiry by the CBC. "I, in no way, put any pressure on that staff member."

Police kept on their toes during spate of early morning robberies

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CRIME Halifax Regional Police had their hands full early yesterday, with five robberies in less than three hours on both sides of the harbour.

"Police had a busy night," police spokesman Staff Sgt. Sean Auld said.

The first robbery occurred in the Woodside area of Dartmouth at 12:05 a.m., police said, when two females assaulted two other females who were waiting for the bus on Pleasant Street near Crawford Street, snatching their purses before taking off. Police said the 16-year-old

and 17-year-old victims knew their attackers.

The second robbery happened few minutes later as a restaurant on Halifax's Kempt Road was closing. Police said four suspects, described as "light-skinned black males," told staff to get on the floor, one armed with a knife and another wielding a handgun.

The assailants allegedly hit one employee in the head and grabbed some cash before running away, according to police.

The following three incidents all happened within less than an hour of each other, starting with a 25-year-old man who was walking in an Upper Water Street parking garage in

downtown Halifax at 2:10 a.m. Police said he was with a male he had met earlier in the evening, who ended up stealing his chain after a struggle.

Then, just after 2:20 a.m. in Dartmouth, a male armed with a handgun stole some cash from a 27-year-old man who was walking on Primrose Street, police said.

The victim described the suspect as a black male with "big arms covered in tattoos."

The final robbery was also in Dartmouth at 3 a.m., when a group of black teenage boys assaulted a male victim walking along Boland Road, grabbing his wallet before taking off.

Shipyard hiring for Navy repairs

A Halifax shipyard is hiring 173 people to repair and maintain seven navy frigates including the HMCS St. John's and HMCS Halifax. The Canadian Navy awarded the shipyard a \$549-million contract in March 2008. The shipyard has filled 85 positions and is looking to fill 88 more technical and managerial jobs. **METRO HALIFAX**

local 3

Province sees first swine flu victim

Health official confirms elderly woman died with severe case of disease

Flu Outbreak

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For the first time, a Nova Scotian has died from influenza A (H1N1), also known as swine flu.

The victim's name was not released, but provincial health officials say a woman in her 50s who had underlying health issues passed away Friday morning.

Police arrest four youths after pellet shooting

CRIME Halifax Regional Police said they arrested four boys Friday night after a teenage girl was shot twice by a pellet gun in the north end of Halifax.

The attack allegedly happened at about 7:30 p.m. in the parking lot of the Tim Hortons on Lady Hammond Road, police said. Police said the victim, who was with two friends at the time, walked out of the coffee shop to meet up with a group of teenage boys.

"As they walked outside, the female was struck in the head with a pellet," Halifax Regional Police said in a report released Saturday. "She ran to the area of Jenny's Pub and the males followed her. She was struck again with a pellet."

Officers took the boys into custody and seized the pellet gun soon after, police said. **METRO HALIFAX**

ing.

Several media reports identified the woman as Annette Sampson, who worked looking after the elderly at a nursing home in St. Peters, Cape Breton.

Health officials say the victim was admitted to hospital about two weeks earlier with a severe case of swine flu, but don't know how much of a factor pre-existing health issues played in her death.

"This is not unexpected. We anticipated seeing severe cases and deaths and

we anticipate that this will continue," said Nova Scotia's chief medical officer Dr. Robert Strang. "This sad event is a reminder to all of us the H1N1 pandemic in Nova Scotia is very serious and the outbreak is not over."

Strang said the circumstances are not unusual for a death linked to influenza. He said medical staff continues to monitor the illness and the new death

will not change how they handle the disease.

"Unfortunately deaths linked to influenza are both common and expected each year," Strang said. "About 4,000 Canadians have died with various strains of seasonal influenza."

As of Friday, there have been 456 lab-confirmed cases of H1N1 but Strang said there are "many, many more."

So far the disease has

acted like a normal seasonal flu in Nova Scotia and only 10 people have been hospitalized.

Strang emphasized prevention by washing hands early and often, sneezing into the arm and frequently cleaning common surfaces such as doorknobs.

"One of the most important steps is staying home if you have flu-like symptoms," he said.

"If you have those symptoms, please stay home for seven days. I can't stress this enough."

Georges Bank drilling study begins soon

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RESEARCH Petroleum projects have been banned at Georges Bank in Halifax for over 20 years, but the federal and provincial governments must now decide next year if it wants to extend the moratorium.

The research on whether to do so begins soon, with the Offshore Energy Environmental Research Association about to send out two requests for proposals to study the area. In 1999 the Georges Bank Review Panel recommended keeping the area shut off to petroleum drilling and exploration until the end of 2012. The provincial and federal governments agreed.

One of the new RFPs will examine that decision and how it is understood in contrast to today's scientific knowledge. The other study will look into how technology has changed since 1999 and what impact that could have on the area.

"In order to make a good decision, governments will have to depend on the best science and technology information they can," said association executive director Wayne St-Amour.

The association hopes to have its final reports in by Spring of next year. The not-for-profit research group has received \$500,000 from the province to study the issue. The association has also put out a call to the scientific community to send in their input on the subject by the end of August.

Cpl. Wilcox denies 'quick draw' game

COURT In his own words, Cpl. Matthew Wilcox described how he ascertained a "threat" against him inside his own tent at the Kandahar Airfield base in Afghanistan that led him to draw his pistol from a leg holster and shoot a Canadian soldier in the chest.

It was an "instinctive reaction" to fire, Wilcox told a military courtroom at Victoria Park in Sydney Friday afternoon.

"I hear the slide of a pistol being pulled back and at that point I saw the slide being pulled forward. It was pointed directly at me," he testified.

Facing the front entrance of his tent, Wilcox said the gunman was behind him at a five o'clock position.

"It's hard to describe. I pivot, fall back ... draw the pistol from my holster and I fired a round at the pistol."

Within seconds on that



Cpl. Matthew Wilcox, centre, leaves the courtroom at the Victoria Park Garrison in Sydney Friday after taking the stand in his own defence.

evening of March 6, 2007, he realized he had shot one of his closest friends and bunkmate, Cpl. Kevin Megeney of Stellarton, Pictou County.

"(Megeney's) pistol dropped and he fell. He collapsed and his head hit

the barracks box. I ran over to him and yelled for help," he said.

Wilcox, 24, of Glace Bay, is charged with manslaughter, criminal negligence causing death and negligent performance of duty in the death

of 25-year-old Megeney.

He refuted the claim made by one of his friends, Master Cpl. Kyle Keigan, during earlier testimony that he and Megeney had been playing a game of "quick draw" when Megeney was shot.

News in brief

DRUGS Officers sent to check out a domestic disturbance ended up busting a marijuana grow-op in Dartmouth. During their investigation, police say

the officers received some information and a search warrant was executed. That turned up the marijuana grow-op in the basement, along with

a weapon. A 30-year-old man and a 27-year-old woman face charges of cultivation, trafficking and a number of weapons-related charges.

INJURY Halifax RCMP say 28-year-old man was taken to the QEII Health Sciences Centre with serious injuries after a motorcycle and SUV collided on

Cow Bay Road in Eastern Passage yesterday afternoon. According to police, the vehicles were going in opposite directions when the accident

took place. The injured man was driving the motorcycle, which struck the back of the SUV when it was trying to make a left-hand turn. **METRO HALIFAX**

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Nova Scotia

The federal government has promised to assert Canada's sovereignty over its resource-rich Arctic lands and waters while it addresses the need for jobs, housing and a clean environment in the North, CBC News Online reported. METRO NEWS SERVICES

Canada



Google mapping Canada's North

Search engine Google dispatched some unusual-looking cars, with a large amount of camera gear on top, to roam — and photograph — the streets of Yellowknife and Whitehorse last week. The images are linked to the company's Google Maps and Google Earth applications. The Canadian version of Street View is "coming soon," according to the service's website, CBC News Online reported.

METRO NEWS SERVICES

Recession's projected end a boon for Tories

Bank's forecast suggests 'plan is working': Flaherty

If Prime Minister Stephen Harper and his fellow Conservatives look a little relieved this week, they can thank Mark Carney for lifting their spirits — and perhaps their political fortunes.

With his prediction that the recession is nearly over, the Bank of Canada governor served up some welcome good news just in time for this week's Conservative caucus retreat.

His forecast is sure to prompt some back-patting as Harper and his MPs take credit for the emerging turnaround. Finance Minister Jim Flaherty began the

"We're seeing the beginning of economic recovery."

Minister Jim Flaherty

boasting last week when he declared that the economy is "stabilized" and that growth was around the corner.

"All of these are good indicators that the plan is working and we're seeing the beginning of economic recovery," Flaherty said, adding that he expects Canada to emerge from

the recession stronger than the United States.

Still, the mood of Wednesday's Conservative retreat is unlikely to match the bullish atmosphere of last year's caucus session, when Harper taunted Stéphane Dion, then the Liberal leader, to face him in the polls.

"I think we're probably going to see a caucus meeting that is much more grounded in the sense that the downturn in the economy has really cast a pall over everything ... It represents a significant political risk," pollster Nik Nanos said.

TORSTAR NEWS SERVICE

New chief faces daunting task

Focus On First Nations

NATIVE AFFAIRS Staggering poverty, unemployment and unresolved treaties are among the enormous challenges facing Shawn Atleo,

the new national chief of the Assembly of the First Nations.

Last week, Statistics Canada released a report showing that the disproportionate number of adult aborigines in jail is related in part to poverty and lack of education.

They made up 22 per cent of the prison population in 2007-08, although they are just three per cent of the population. The suicide level among aboriginal Canadians is also at least five times the national average.

TORSTAR NEWS SERVICE

Ottawa Turkish Festival



Performers from the Youth Folk Dance and Music Ensemble from the Republic of Turkey's Ministry of Culture and Tourism show their moves at the Ottawa Turkish Festival yesterday.

Seeking gender equality in politics

NEW BRUNSWICK This week, Lisa Merrithew, who served as deputy chief of staff to former premier Bernard Lord, started a small revolution in New Brunswick for an old cause — more women in politics.

Merrithew looked at the dismal numbers in the New Brunswick legislature: only seven MLAs among 55. That's just 12 per cent — roughly half the percentage in the House of Commons. She sent out her very first message on the Twitter social network, saying she was going to do something about it.

By week's end, more than 100 men and women had been in touch with Merrithew to start a New Brunswick chapter of Equal Voice, the group devoted to boosting the numbers of women elected in Canada.

"It's far surpassed anything I'd imagined," said Merrithew.

TORSTAR NEWS SERVICE

News in brief

CRIME Online classified shoppers trawling for deals on iPhones are being targeted by armed thieves in the Toronto area. In three incidents this

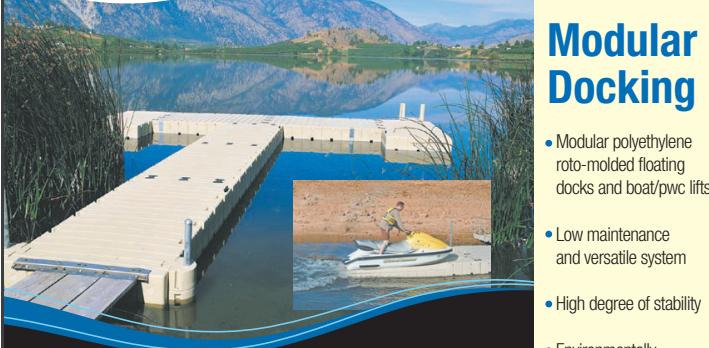
month, victims answered ads posted on Craigslist and Kijiji, only to be robbed when they showed up for the exchange.

HEALTH The body's immune sys-

tem targets its own fat and may soon be manipulated to fight epidemic obesity and diabetes, a revolutionary Toronto study has found.

TORSTAR NEWS SERVICE

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German minister under fire for taking limo to Spain

Germany's health minister came under pressure yesterday to explain why she took her official limousine, complete with chauffeur, to Spain, where the vehicle was stolen. Opposition politicians demanded Ulla Schmidt provide more details about the incident. **REUTERS**

World



Sarkozy hospitalized after jog

French President Nicolas Sarkozy was rushed to hospital yesterday after falling ill while jogging and stayed overnight to undergo cardiological tests, officials said. The 54-year-old did not lose consciousness but had to lie down before being helicoptered to the Val-de-Grace military hospital in Paris. "When he was jogging in the park of the Chateau of Versailles, the president was taken ill," his office said in a statement.

REUTERS

Clinton hopes for female president

U.S. Failed presidential hopeful Hillary Clinton said yesterday she hoped there would a female U.S. president in her lifetime but ruled out the chance she would run again.



Now secretary of state in the Cabinet of one-time rival President Barack Obama, Clinton said it was a "daunting" challenge for a woman to run for president.

"It will take the right woman who can make the case and win the votes and get elected. I am certainly hoping it will happen in my lifetime," she told NBC's Meet the Press.

When pressed whether she would run again, she said, "I have absolutely no belief, in my mind, that that will happen."

REUTERS

U.S. tries to spur peace

Despite rift, Netanyahu says U.S.-Israeli relations still strong

The United States launched a fresh drive yesterday to restart Middle East peace talks, sending senior officials to the region to deal with issues ranging from Jewish settlements to Iran's nuclear ambitions.

The visits by Middle East envoy George Mitchell, Defense Secretary Robert Gates and National Security Adviser Jim Jones were a strong signal from U.S. President Barack Obama of his intention to keep Israeli-Arab peacemaking high on his agenda.

Obama's demand, in accordance with a 2003 U.S.-backed peace "road map," to freeze Jewish settlement in the occupied West Bank and Arab East Jerusalem has met stiff resistance from Israeli Prime Minister Benjamin Netanyahu.

Playing down the most

Promoting peace

- U.S. Middle East envoy George Mitchell was to see Palestinian President Mahmoud Abbas today and Israeli Prime Minister Benjamin Netanyahu tomorrow.

serious rift in U.S.-Israeli ties in a decade, Netanyahu told his cabinet: "It is only natural, that within a fabric of friendly relations between allies, there isn't full agreement on all points."

He described Israel's relationship with Washington as "important and steadfast," a departure from tough comments he made only a week ago when he said he would not accept orders from the United States on Jewish settlement in East Jerusalem. Palestinian President Mahmoud

Abbas has said talks with Israel, suspended for more than six months, cannot resume until all Israeli settlement activity ceases.

"We are trying to reach understandings on various issues so that we can, together, advance our common goals: peace, security and prosperity for all of the Middle East," Netanyahu said.

Flying to Israel from talks in Damascus with President Bashar al-Assad on the possibility of restarting Israeli-Syrian negotiations, Mitchell discussed a settlement deal and prospects for regional peace with Israeli Defence Minister Ehud Barak in Tel Aviv.

Mitchell told reporters he has been urging Arab leaders "to take steps towards normalization."

REUTERS

Nepal A Gurkha welcome



Actress and campaigner Joanna Lumley is welcomed by British Gurkhas and their families yesterday in Kathmandu, Nepal. The British TV star has long advocated for U.K. citizenship rights for Gurkhas, native to the Himalayas, but who have served in the British military since 1815.

Pro-Zelaya protests weakened

HONDURAS

Disheartened supporters of deposed Honduran President Manuel Zelaya trickled home from the Nicaraguan border yesterday, weakening protests backing his bid to return to power after a coup last month. Honduran troops manning checkpoints have prevented several thousand demonstrators from staging a show of support at the border for the leftist leader, now exiled in Nicaragua.

The United States, Latin American governments and the United Nations want Zelaya returned to power, but

Secretary of State Hillary Clinton criticized him as being "reckless" when he took a few steps onto Honduran soil on Friday in a symbolic gesture in front of international media.

Zelaya, who is in a Nicaraguan town near the border, hit back at the U.S. secretary of state for the second time in two days. Clinton should "stop avoiding the issue" that the Honduran government is a dictatorship, he told journalists.

"Secretary Clinton should confront the dictatorship with force," he said. **REUTERS**

News in brief

TALIBAN Pakistani police have detained pro-Taliban cleric Sufi Mohammad, accusing him of helping militants in the country's northwest and sabotaging the government's fight

against them, an official said yesterday.

AFGHANISTAN One of Afghan President Hamid Karzai's vice presidential running mates in next month's elections

escaped unhurt from an ambush by Taliban insurgents yesterday, officials said.

Mohammad Qasim Fahim, the former head of an alliance that toppled the Taliban in

2001, was ambushed on a road in Kunduz province where he was campaigning on Karzai's behalf for the Aug. 20 poll, said senior campaign official Zalmay Mujadidi. **REUTERS**



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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Head over heels for hope

HineSight

Anne Hines

metronews.ca/hinesight

On a recent morning I hit on a great truth about love. Romantic relationships call into play the two most powerful and overwhelming forces known to human kind. Hope and hormones.

I realized this during a phone conversation with my friend Rob. It went something like this.

Rob: The most amazing thing has happened. Incredible. Stupendous. You won't believe it.

Me: So, those new strawberry-esque doughnuts at Tim Hortons. The best thing ever? Or a wicked plot by Weight Watchers?

Rob: What about my news?

Me: You've met a woman. She's perfect. You're madly in love. You never knew you could feel this way.

Rob: Well ... yeah. Except for the part about ... well ... yeah.

Me: Honey, I worry about your heart.

Rob: You're the one eating doughnuts.

Me: Falling in love makes you irrational.

Rob: Irrational? Not ever. Totally not. Me irrational? What? Huh?

Me: What about that woman with "Elvis Lives" tattooed on her forehead?

Rob: She was very ... optimistic.

Me: And the one who thought pigeons speak to her?

Rob: She'll never feel alone. But this one is different. We've had

SunnySide ☀

three whole dates and I haven't once felt like suggesting she'd benefit from lengthy psychotherapy.

Me: What about how you behave? The short list of things you've done for love includes: Bought a ferret, grown your hair, cut your hair, studied "clowning," sworn you love Barry Manilow, sworn you hate Barry Manilow, sworn you love camping — which, if you remember, led to you actually having to go camping, grown your hair again, and worn spandex.

Rob: I liked the spandex. Once I got that chafing under control. Anyway,

what about listening to my heart?

Me: I'm afraid you can't hear it over your hormones. Sweetie, why do you want to try this again?

Rob: Because maybe this will be the woman that'll make meane love songs seem like deep, meaningful insight. Maybe she'll be the person who will know me; the good, the bad, the bordering on repellent and still love me like springtime. And maybe I'll do the same for her. What's it worth risking for that?

Me: Truthfully? ... Everything you've got. Just look after yourself, OK?

Rob: What's the worst that can happen?

Me: Remember Raw Food Girl?

Rob: I have to run. We've signed up to take Norwegian country dancing.

Me: Good for you, sweetie. I'm right behind you. The things we do for love.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Events help fuel energy around Halifax

UrbanScrawl

Christina Biluk

metronews.ca/urbanscrawl

Congratulations Halifax — you've had an amazing week where you continued to move forward bringing down barriers and improved the way we live, work and play.

In case you missed it, Natasha Prest was sworn in this week as the first female African-Nova Scotian firefighter in the Halifax Regional Municipality.

As well, the Halifax Pride Festival celebrated its 22nd edition and, for the first time, under hallmark status from HRM. This means

the festival was formally recognized for its impact on the community's culture and economy, opening a door for funding opportunities to make the festival bigger and better.

In an active July, these two celebrations are just the tip of the success iceberg. They have helped fuel the momentum felt downtown.

In these past few weeks, Halifax has begun to really feel alive. The downtown is bustling with new energy and new ideas. Halifax, you should be proud of these recent accomplishments; and Haligonians you should also be proud of yourselves.

The energy can be felt in conversations in coffee shops and bars, while waiting for the bus, or to get into a concert. It can best be

described as passionate individuals sharing their thoughts and dreams.

If you've been part of these conversations, harness your energy, breathe life into your ideas and let them take shape. If you haven't, it's not too late to tap into this energy and challenge yourself.

No journey is ever easy (or short), but everyday Nova Scotians use their energy to fuel their passions and make change. Most of us won't receive an award or formal recognition for our journeys. We do it because of a passion and desire to challenge ourselves and others beyond the status quo. Our journey will change the way we do business, the way we develop our community, and how we interact with others.

This week, I challenge

everyone to celebrate a success you've had and one of someone else. The success can be big or small — size doesn't matter — but the celebration must be meaningful.

With every success we celebrate, we are energized to move forward. This energy builds within us and inspires those around us. Movement starts with one person, while momentum carries to many.

Anyone can drive change and help make Halifax a better place to live, work and play, and it all starts with celebrating our successes, following our passions and sharing our energy.

Christina Biluk is Director of Engagement for FUSION Halifax. Visit fusionhalifax.ca to find out how to get involved in shaping our city; theurbanscrawl@gmail.com.



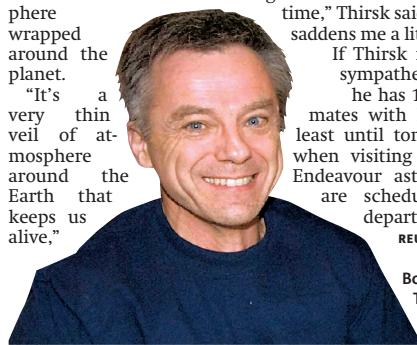
Worth mentioning

Destruction taking its toll on Earth: Astronaut

A Canadian astronaut aboard the International Space Station said yesterday it looks like Earth's ice caps have melted a bit since he was last in orbit 12 years ago.

Bob Thirsk, who is two months into a planned six-month stay aboard the station, said he is mostly in awe when he looks out the window, particularly at the sliver of atmosphere wrapped around the planet.

"It's a very thin veil of atmosphere around the Earth that keeps us alive,"



Bob Thirsk

REUTERS

Metro Online Poll Results

19% SAID YES

Do you think tax harmonization helps the economy?
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81% SAID NO

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Introducing casual Fridays to an office work week helps save energy. Short-sleeved, open-necked shirts mean the office thermostat can be set higher. Every degree will cut up to 20 per cent of air conditioning costs. **TORSTAR NEWS SERVICE**

Going Green

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

The truly greener bricks



In Indonesia, EcoFaeBrick makes environmentally friendly bricks out of leftover cow dung, fired in kilns using biofuels to reduce carbon emissions, according to Green Trends. And no, they don't smell — they look exactly like clay bricks and cost about the same as regular bricks but are said to be 20 per cent stronger and lighter. **METRO NEWS SERVICES**

G8 emissions plan is meaningless

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

Sometimes we can all be pretty gullible. Ever make a major purchase because it was "30 per cent off" or choose a bag of chips because it had "50 per cent more"? More than what? More than a bag with 50 per cent fewer chips? The ads make us feel like savvy shoppers, but without a frame of reference, it's pretty meaningless.

One lesson learned from

the recent G8 summit in Italy is that the Chinese, Indians, Brazilians and Mexicans are better shoppers than we are. While G8 countries were hailing the agreement to reduce greenhouse gas emissions 50 per cent by 2050 (80 per cent for developed economies), and to limit global average temperature increases to two degrees over pre-industrial temperatures, these developing economies were asking what it all means.

Like the bag of chips, the agreement lacks meaning as it lacks any frame of reference. A 50 per cent reduction from what year? And what is the baseline for pre-industrial temperature? If we choose 1830s versus 1850s

(last minimum of the "Little Ice Age") it makes a major difference. The agreement reached in Italy is not a plan, and without frames of reference it does not set any real goals.

These frames of reference are to be worked out in advance of the December UNFCCC Conference in Copenhagen, but it is disappointing that G8 leaders left Italy without establishing them. While we're at it



Beyond the technology gap

- The economies of China, India, Brazil and Mexico are not built on innovation but rather on taking innovative products and making them less expensively. If we are innovative in designing products that are more efficient, and are innovative in developing new, greener manufacturing technologies, who do you think will adopt those technologies and make those products?

and talking about frames of reference, somebody better verify with the Americans we mean Celsius.

Of course, it's not just that the Chinese, Indians, Brazilians and Mexicans are more cautious shoppers. Even with benchmarks, it will be difficult to get these countries to buy in to any carbon emission reduction plan. Until recently, that has been a justification for Canada to walk away from its Kyoto Protocol obligations, and for the U.S. to not even ratify Kyoto. But these decisions showed a lack of understanding of our own economy, and have really put the North American market at a disadvantage. Like other G8 countries, the Canadian and American economies are built on innovation. We have let European countries take the risks, hence the lead in green technologies. Adopting stringent carbon reduction targets

now will have us playing catch-up for years, but further delays will only broaden the gap.

Further, a more expansive view of our commitment to reduce carbon emissions that includes not only use of products in Canada, but carbon emissions during their manufacture and transportation, will give developing economies incentive to reduce emissions to remain competitive. So far, however, product life cycle goals for carbon emissions remain outside the scope of the major international agreements and conventions. Hopefully, someday they find their place.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

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Microsoft tries to end dispute

Microsoft sought on Friday to end a long-running dispute with EU antitrust regulators as it offered to let users choose their own browser and to provide more interoperability information to third parties. **REUTERS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

MONEY Canada's big four life insurers now look to be better bets than either their U.S. rivals or the big Canadian banks, as a surging stock market brings profits bouncing higher after three awful quarters. Analysts say credit concerns and reserve questions have set the stage for a noisy quarter when the Big Four start reporting quarterly results next week. But almost all say the insurers have ground to make up, and they make investment sense.

AUTO The U.S. government launched a \$1-billion US cash incentive program on Friday to stimulate auto sales by getting consumers to part with gas guzzling cars and trucks and buy more fuel efficient vehicles. The program, which offers up to \$4,500, will be overseen by the Transportation Department. Congress approved the program.

REUTERS

**Toyota to sell stake in plant**

Toyota Motor Corp. announced Friday that it will begin selling off its stake in a southern California manufacturing plant that it had jointly operated with General Motors. GM announced last month that it was withdrawing from the 50-50 joint venture as part of a liquidation deal to ensure it would emerge from bankruptcy protection.

METRO NEWS SERVICES

Ericsson wins Nortel's wireless sector assets

Sweden's Ericsson has won an auction for the wireless assets of bankrupt Nortel Networks Corp., paying \$1.13 billion for the crown jewels of the one-time Canadian telecom star.

In separate statements, the two companies said Saturday Ericsson had won the bidding for Nortel's key CDMA and next-generation LTE wireless technologies, which Nortel put on the block after it filed for creditor protection in January. The assets include Nortel's businesses in the CDMA wireless technology used in North America and in the emerging LTE high-speed wireless technology that many of the world's biggest operators plan to



Nortel's Carling Campus in Ottawa.

use to upgrade their telecommunications networks, as well as some patents.

"This is both a sad story for Nortel and a happy story for Ericsson," Jeff Kagan,

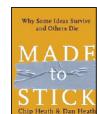
an independent telecom industry analyst, said in a note. "Rather than competing with Nortel, Ericsson has won."

He said the deal would enable the Swedish telecom gear maker to expand its North American footprint as the industry evolves toward so-called 4G LTE technology. When fully developed, the technology is expected to provide broadband-like access for cell phone users in terms of speed and content richness, Kagan said.

Ericsson's offer virtually assures Nortel will be broken up rather than emerge from bankruptcy protection as a slimmed-down single unit.

REUTERS

Ever hear about that guy who had his kidney stolen?

Made to Stick**Authors:** Chip and Dan Heath**Publisher:** Random House**Price:** \$28

Have you ever heard an urban legend and noticed that just about everyone you know is also familiar with the story. According to authors (and brothers) Dan and Chip Heath, there is a very particular mix of

factors that lead to the success and longevity of these tales. In their book, *Made to Stick*, the Heath brothers walk the reader through each principle using the sticky acronym **SUCCESS**. Business examples include the simple South West Airlines approach to being 'the low fare airline.' This book was a hit at book club — especially when we gave the task of creating a marketing campaign to two teams for a challenge. Fun reading.

— CRAIG LUND
/FOR METRO CANADA**Looking for People Who Get It!**Blaine Conrad, CFP
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Thursday, August 20, 2009

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2	9:00 AM	Mainland Commons	Nova Scotia	vs	Newfoundland and Labrador
3	12:00 PM	Mainland Commons	Québec	vs	New Brunswick 2
4	12:00 PM	Beazley	Manitoba	vs	Ontario
5	4:00 PM	Mainland Commons	Alberta	vs	Nova Scotia
6	5:45 PM	Beazley	British Columbia	vs	Newfoundland and Labrador
7	8:30 PM	Beazley	Québec	vs	Dartmouth

Friday, August 21, 2009

8	9:00 AM	Beazley	New Brunswick 2	vs	Manitoba
9	12:00 PM	Mainland Commons	Newfoundland and Labrador	vs	New Brunswick
10	12:00 PM	Beazley	Ontario	vs	Dartmouth
11	3:00 PM	Beazley	New Brunswick	vs	Alberta
12	4:00 PM	Mainland Commons	Nova Scotia	vs	British Columbia
13	7:00 PM	Mainland Commons	Manitoba	vs	Québec
14	7:00 PM	Beazley	Dartmouth	vs	New Brunswick 2

Saturday, August 22, 2009

15	9:00 AM	Mainland Commons	Ontario	vs	Québec
16	9:00 AM	Beazley	Newfoundland and Labrador	vs	Alberta
17	12:00 PM	Beazley	Dartmouth	vs	Manitoba
18	12:00 PM	Mainland Commons	New Brunswick 1	vs	Nova Scotia
19	2:45 PM	Beazley	New Brunswick 2	vs	Ontario
20	2:45 PM	Mainland Commons	Alberta	vs	British Columbia
21	5:30 PM	Beazley	3rd Pool A	vs	2nd Pool B
22	8:15 PM	Beazley	3rd Pool B	vs	2nd Pool A

Sunday, August 23, 2009

23	9:30 AM	Beazley	1st Pool A	vs	Winner Game #21
24	12:30 PM	Beazley	1st Pool B	vs	Winner Game #22
25	3:30 PM	Beazley	BRONZE MEDAL GAME		
26	7:00 PM	Beazley	GOLD MEDAL GAME		

Tickets available on-line or by mail, go to www.seniorbaseball09.ca (game tickets & packages)

Mexico won its fifth Gold Cup yesterday by dominating the Americans 5-0 in the final. A Giants Stadium crowd of 79,156, overwhelmingly comprised of Mexican fans, watched the visitors score all their goals in the second half. METRO NEWS SERVICES

Sports



Driver in life-threatening state

Ferrari F1 driver Felipe Massa remained in "life-threatening" but stable condition yesterday following surgery on multiple skull fractures. Massa was injured during Saturday qualifying when the rear spring from another car bounced into his helmet as the 28-year-old reached speeds of about 120 m.p.h. The impact concussed Massa, who then plowed into the protective tire barrier.

METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sports in brief

BASKETBALL East Preston's Justine Colley helped Canada to a pair of victories at the FIBA world under-19 women's basketball championship in Bangkok on the weekend. The five-foot-nine guard had seven points and three steals in Friday's 87-86 victory over Tunisia and added another seven points in Saturday's 73-51 win over Japan. She is fifth in team scoring, averaging 6.7 points per game, and is among Canada's minute leaders with 19 per game. Canada is back in action today against Team USA.

SOCCER Nova Scotia came within a hair of winning a medal at the Canadian all-star soccer championships. The under-16 girls fell short of bronze yesterday in Laval, Que., in a 1-0 setback to British Columbia. Host Quebec won gold with a 1-0 victory over Ontario. The under-16 girls were Nova Scotia's only team in a championship pool at the event.

AUTO RACING Shawn Tucker of Fredericton, N.B., got the better of Halifax's John Flemming in the Parts for Trucks 100 at Speedway 660 in Garry, N.B., on Saturday night. Tucker pulled away from Flemming with a handful of laps to go to win the Carquest Pro Stock Tour event. Both drivers are battling for the Tour's points lead. Shawn Turple of Enfield was third. The Tour resumes this coming weekend in P.E.I.

BASEBALL The host Prince George Axemen finished fifth at the world baseball challenge on Saturday in B.C., closing out the tournament with a 10-2 win over Bahamas. The squad featured local standouts Darren Doucette, Jason Bailey, Barrett Bellefontaine and Brandon Hunter.

METRO HALIFAX

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SOCCER

NOVA SCOTIA SOCCER LEAGUE PREMIERSHIP

WOMEN

	W	L	T	P
x-Dunbrack	10	4	1	31
City	9	4	0	27
Scotiabank	7	5	2	23
Dartmouth	5	7	1	16
Cape Breton	3	8	3	12
Valley	1	11	1	4
x-clinched playoff spot				

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Contador claims Tour

Spaniard wins second title, Armstrong finishes third in comeback

Alberto Contador emerged as the new cycling boss yesterday when the Spaniard wrapped up his second Tour de France title on seven-times champion Lance Armstrong's return to the race.

The 26-year-old Contador stayed safe in the main bunch as the last stage, over 164 km from Montereau Fault-Yonne, went to Briton Mark Cavendish.

"I am really happy. It was an especially difficult Tour for me, but that's why I am enjoying the victory all the more," Contador said on the podium.

Over three weeks, Contador proved the strongest rider in the mountains and in the time trials, beating Luxembourg's Andy Schleck by four minutes 11 seconds. Armstrong, back from 3½ years in retirement, finished third overall 5:24 off the pace.

Schleck, who also took the white jersey for the best under-25 rider, said:



Astana rider Alberto Contador of Spain, centre, celebrates his overall victory on the podium next to second-place Saxo Bank rider Andy Schleck of Luxembourg, left, and third-place Astana rider Lance Armstrong after the final stage of the Tour de France yesterday.

"He (Contador) was the strongest rider. He is the boss of the peloton."

The victory kept the Spanish flag flying high on the Champs-Elysees following triumphs for Oscar Pereiro in 2006, Contador in 2007 and Carlos Sastre last year.

Contador, who missed last year's Tour after Astana were not invited be-

Wrong anthem

• Spaniard Alberto Contador had to wait to fully savour his second Tour de France title after organizers played the Danish national anthem during

the podium ceremony. The 26-year-old looked surprised when the wrong national anthem started to play on the Champs-Elysees.

cause of their past doping record, took the overall leader's yellow jersey with

a strong attack in the first Alpine stage in Verbier, Switzerland.

REUTERS

Defending champs adjusting to roster changes

MATTHEW WUEST
matthew.wuest@metronews.ca

Halifax City Pacifico has no problem with the ups and downs of the summer — as long as it ends on a high.

Pacifico got back in the win column on the weekend with a pair of victories, including yesterday's 1-0 triumph over Dartmouth United Super City Windows in Nova Scotia Soccer League Premiership action at Huskies Stadium.

Last year's Canadian senior women's soccer champions had lost two of their past four games, but still have a 9-4 overall record and sit second in the league standings.

"We've lost a few games but I always think it's good to lose a few games during the regular season," City's Katie Prowse said. "When we've played well, we've come out with wins, so it's been a good summer overall so far."

Prowse, a former Golden Boot winner, was the



Eunnie Kim from Halifax City Pacifico battles for the ball with Jessica Conrad from Dartmouth United Super City Windows during a Nova Scotia Soccer League Premiership game yesterday.

game's lone scorer yesterday with her fifth of the year, while Robyn Homans recorded her fifth clean sheet of the summer.

City has spent the sum-

mer adjusting to a number of roster changes. Notably, they've had to deal with the loss of veteran NSSL star and goal-scoring ace Mary-Beth Bowie.

City's Katie Prowse said:

"It's always a bit of an adjustment when you get new players, but all the girls who have come in have worked really hard and earned their spots," Prowse said. "They're doing great."

Not helping matters is the fact that top goal-scorer, Eunnie Kim, is leaving to join the NCAA Michigan Wolverines next week. But on the flip side, teenaged Lower Sackville star Nkem Ezurike will join the fold after the Canada Games.

"Hopefully it will balance out," Prowse said.

With four games to go, City is hoping to catch Halifax Dunbrack Rooms Plus (10-4-1) for first place and a direct bye to the provincial final.

If not, the club can draw on last year's experience of winning just seven games all summer and still rising to the occasion at provincials and nationals.

"We lost some games last year as well and we won it all," Prowse said.

"Hopefully we can do the same thing again."

Rain pushes Open's end beyond weekend

GOLF Jason Dufner led the Canadian Open leaderboard at the end of play yesterday, but could not collect his maiden PGA Tour win as the weather-battered tournament was forced into a Monday finish.

After three days of torrential rain and thunderstorms, officials had hoped they might dodge the miserable weather long enough to pack in 36 holes and crown the tournament's 100th champion.

But shortly after third-round play began, ferocious storms again rumbled across Glen Abbey forcing another lengthy delay before play was finally suspended.

The last time an entire final round of a PGA Tour event went over to Monday was the 2005 BellSouth Classic and with more stormy weather forecast the prospects of the tournament extending into Tuesday was also on the table.

Mike Weir of Bright's Grove, Ont., recorded a hole-in-one on the par-3 fourth and sits five strokes back of Dufner.

Sports in brief

HALLADAY Toronto Blue Jays general manager J.P. Ricciardi reportedly told Foxsports.com last night that because his asking price hasn't yet been met, he thinks the chances of all-star pitcher Roy Halladay being moved before the deadline are "very slim."

BLUE JAYS Scott Rolen's three-run homer in the fourth proved to be all the Blue Jays would need, as Toronto salvaged the last game in its three-game series against Tampa Bay with a 5-1 victory yesterday.

GOLF Loren Roberts won the Senior British Open for the second time yesterday after overcoming Mark McNulty and Fred Funk in a playoff at Sunningdale. Tom Watson finished five strokes back.

EDMONTON INDY Australian racer Will Power led almost the entire way yesterday to win the Rexall Edmonton Indy. Toronto's Paul Tracy was the top Canadian, finishing sixth in the 23-car field.

METRO NEWS SERVICES

Hamilton takes Hungarian GP

McLaren's Lewis Hamilton won the Hungarian Grand Prix yesterday, the first victory of the season for the defending Formula One champion. It was Hamilton's first win since last year's Chinese Grand Prix and snapped a streak of 11 races without a top-three finish. **METRO NEWS SERVICES**

Montreal dealt in?

The Montreal Impact have been dealt back in. Or, at least, they're back at the table and may be willing to bet the minimum.

For those who have forgotten the expansion stand-off between Impact owner Joey Saputo and MLS commissioner Don Garber earlier this year, here's a recap:

Saputo: We don't want to pay a \$40-million expansion fee.

Garber: Well, \$40 million is the bet.

It's Called Football

Ben Rycroft

metronews.ca/itscalledfootball

makes really good cheese.
Garber: All very nice, but \$40 million is the minimum.

Saputo: I'm calling your bluff.

And with that, Garber had Saputo tossed out of the casino.

Meanwhile, the two other players, Vancouver and Portland, played a few more hands and ended up paying \$35 million.

But Saputo is back, money in hand, saying he will pay the \$35-million price.

Garber is convinced. The

board of governors even discussed the Impact as they met this weekend ahead of Wednesday's all-star game in Utah. It seems MLS is more than willing to put the past behind them.

But will Saputo?

The league invited Saputo to the all-star game, an offer Saputo politely (and insanely) refused because the Impact are playing the night before.

You can do both, Joey. There are 16 Air Canada flights that will get you to Salt Lake City on time. Yes, it'll cost \$1,300, but surely that's worth it if it keeps you from pissing off the dealer again.

dealt because, in the end, the MLS house always wins.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

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Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

Woman donates home to UOIT

An 87-year-old Whitby, Ont., resident, Stefania Dulemba, is returning to her native Poland to help build a shelter there, so she has signed over early her home and property she and her late husband Alexander willed to the University of Ontario Institute of Technology, in Oshawa, Ont. Over the years the couple made financial donations to UOIT and Durham College.

METRO NEWS SERVICES

Writing rhythm for the stage

Backstage Pass

JON TATTRIE
for Metro Canada

While the music industry struggles to keep up with the Internet, the technology has made composing for stage and film easier than ever.

From his Halifax base, musician Jason Michael

MacIsaac can work anywhere. "A short jaunt to Toronto replaces three weeks in Toronto," he says over tea in a local café.

He writes scores for plays, films and commercials, and is also in a band called the Heavy Blinkers. "There's not one aspect of my career that allows me my extremely epicurean lifestyle," he jokes, taking a bite out of his peanut-butter bagel.

Usually, a composer's job is to write music that no one notices. "That's a bitter

pill to swallow," he says, but he understands that badly timed music can wreck a play. "If you have a pivotal moment when someone says, 'Oh, you didn't know I'm a vampire?' and you don't hear that line, for the rest of the play you're like, 'Why's he sucking blood?'"

That's generally true for films, too. MacIsaac wrote the music for 2003's Touch and Go, which featured a "pre-Ellen Page Ellen Page," as he puts it.

Earlier this year, he got a

chance most stage composers only dream of: He worked on Poor Boy, a pop music fantasia by Halifax's Zappa Theatre.

"It was a play born out of the music that myself and (collaborator) Dave Christensen created. Every action, every piece of dialogue, was after the music," he smiles. The actors also played the music, presenting further compositional challenges. "You can't be stuck at your cello if you have to go from stage left to

stage right in under 10 seconds, so a lot of the arrangement gets stripped down."

That's a common concern: What the composer creates in his head may be too expensive or cumbersome for the play. "It's heartbreaking when a song gets dropped. There's a song in Poor Boy that it kills me every time I don't hear it," he says. "It's 'Look at me, look at me!' Then all of a sudden, it's not about me anymore. I'm at the service of the play."

McMaster University in Ontario, Bishop's University in Quebec and University of Lethbridge in Alberta are among the institutions that offer classes combining music with theatre, film and television. Many musicians either study music and then apply it to stage, or simply learn music on their own.

For more of the Backstage Pass exclusive series check Workology frequently or stop by: metronews.ca/work

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Octomom TV series

Octomom Nadya Suleman has signed agreements for her 14 children to star in a reality television show, Entertainment Weekly reports. Each of Suleman's children will earn \$250 per day according to the contracts. Filming begins this fall. ew.com

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Tackling love and crime

Finger Lickin' Fifteen

Author: Janet Evanovich
Publisher: St. Martin's Press
Price: \$35.95 (Hardcover)

The 15th installment in Janet Evanovich's Stephanie Plum mystery series sees her leading lady try to solve two sets of crimes while balancing her assorted love life and quirky characters she encounters throughout. The lingerie buyer-turned-bounty hunter is on the prowl to discover who killed celebrity chef Stanley



BookPicks

Chipotle in a Trenton, N.J., alleyway. Key evidence is companion and sole witness Lula's entrance into the barbecue competition at which Chipotle was poised to appear.

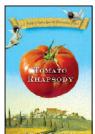
Tomato Rhapsody

Author: Adam Schell
Publisher: Delacorte Press
Price: \$28.95 (Hardcover)

In this debut tale of sundry literary inspirations, Adam Schell traces the fantastic fictional account of how the tomato came to Italy. Jewish farmer Davido is given a pass by the village priest to bring the tomato to town, but the fruit quickly becomes a catalyst for controversy.

Davido becomes the apple of Catholic Mari's eye, but love appears forbidden, considering her stepfather is overprotective olive mogul and novel villain Giuseppe.

— BRIAN COULTON
/FOR METRO CANADA



Celebs visit Comic Con

Cameron unveils Avatar footage, Burton previews Alice

NED EHRBAR
Metro World News

The 40th annual San Diego International Comic Con attracted an estimated 125,000 fans of film, TV, video games and comic books for four days of beautiful weather, celebrity sightings and previews of upcoming blockbusters.

While some worried the convention had strayed beyond its comic book roots to become a Hollywood marketing event, fans of all stripes celebrated their favourite pastimes with vigour — and more than a few interesting homemade costumes.

The biggest Hollywood-related draws of the festival were from veteran director



Actor Johnny Depp, left, and director Tim Burton speak at the Alice in Wonderland press conference during Comic Con.

James Cameron, who unveiled 25 minutes of footage from his long-awaited 3-D film, Avatar. Also on display for the first time were toys and concept art related to the film.

But perhaps even more anticipated — and the cause for more controversy — was the panel previewing New Moon, the latest in the Twilight series. Fans of the book and film franchise

camped out the day and night before the panel, overtaking the 6,500-capacity Hall H, to the chagrin of fans hoping to attend other panels scheduled the same day.

Another piece of news was word that a sequel to the 1980s hit Tron is in fact on its way, as Jeff Bridges, star of the original, was happy to report. Principal filming has been completed, Bridges confirmed, but was intentionally cagey on plot details.

Tim Burton was on hand to preview his next big film, Alice in Wonderland, and even brought along star Johnny Depp as a surprise. "It's been years since I've been to Comic Con," Burton said. "It's so great to be back."

	HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
prime time	31	31	31	ABC	News Center 5	ABC Wld News	Inside Edition	Chronicle	The Bachelorette (Season Finale) (N)	Dating in Dark			
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	Gossip Girl (HDTV)	Two/Half Men	Big Bang Th	Atlantis		
	11	11	11	CBC	Coronation St.	Jeopardy!	Triple Sensation (DVS)	Just for Laughs	CBC News: The National	The Hour			
	2	2	2	CBC-F	Urgences (SC)	Des sœuilles	La Petite vie	Chère Betty (HDTV) (SC)	Bons baisers de France (SC)	Le Téléjournal			
	32	32	32	CBS	WBZ News (N)	Evening News	The Insider (N)	Entertainment	How I Met	Engagement	Two/Half Men	Big Bang Th	CSI: Miami
	69	69	69	CFTM	TVA 18 heures	Sacré-salé	Les Gags	Sketch Show	Laura Cadieux	Km/h (SC)	Monk (HDTV) (SC)	TVA 22 heures	
	6	6	6	CIFH	Entertainment	ET Canada	The Unit	House (HDTV PA)	Law & Order	Do No Harm	News Final (N)		
	9	9	9	CJCH	Corner Gas	Hollywood	CSI: Miami (HDTV)	Law & Order: Criminal Intent	Law & Order: Criminal Intent	News			
	10	10	10	ELTV	EastLink Mag.	Soccer EastLink Premiership: Halifax Dunbrack vs. Halifax City. (Live)			EastLink Television				
	36	36	36	FOX	Deal-Or-Deal	The Simpsons	Two/Half Men	Two/Half Men	House (HDTV PA)	Lie to Me "Do No Harm"		Fox First	
news	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Great American Road Trip (N)	Law & Order: Criminal Intent	The Wanted		
	29	29	29	NW	World News	Business	CBC News	Our World	The Hour Jason Mewes.	CBC News: The National	Taliban		
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Chronicles	Antiques Roadshow	History Detectives (N)	Nature (HDTV)	American-Hist		
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Antiques Roadshow	History Detectives (N)	Private Practice (SC)	La violence		
	68	68	68	TQS	Rire et dérire	Chemin du golf	C't'une joke	C't'une joke	CSI: NY (SC)	Market Stock	Market Call	Market Call	
sports	23	96	96	BNN	Business News	Headline	Market Call	Berman's Call	Money Talks	Business News	Taking Stock	Market Call	
	18	18	18	CNN	Situation Room-Wolf Blitzer	Lou Dobbs Tonight	Campbell Brown (N)	Business News	Larry King Live (N)	Market Call	Market Call	Market Call	
	54	54	54	GOLF	Golf Central	Top 10	Learning	Lessons	The Golf Fix	Top 10	Haney Project	Haney Project	Lessons
	52	52	52	RSE	Sportsnet Connected	MLB Baseball	New York Yankees at Tampa Bay Rays. (HDTV) (Live)				MLB Baseball		
family	55	55	55	SCOR	(6) HSR	RaceNight			(10:15) WWE Monday Night Raw				
	45	45	45	SPD	Unique Whips	Pimp My Ride	Pass Time	This Week in NASCAR (N)	SuperCars	SuperCars	Auctions		
	53	53	TSN		Off the Record	SportsCentre	Boxing: Maidana vs. Ortiz	Boxing Friday Night Fights. (HDTV)			SportsCentre		
cable variety	43	43	43	FAM	Zoey 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	44	44	44	TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	Futurama	Punch	Robot Chicken	
	26	26	26	TREE	Hi Hao, Kai-lan	Big & Small	Backyardigans	Nght Grdn	Max & Ruby	Little Bear	Bucket-Dinos	Big Comfy	
	27	27	27	YTV	iCarly	True Jackson	The Next Star 2		Malcolm-Mid.	Futurama	League-Evil	Zixx Level	The Next Star
	16	16	16	A&E	Cold Case Files	CSI: Miami (HDTV)	Intervention "Sylvia"	Intervention "Danielle"	Intervention "Danielle"	Obsessed (N)			
	70	70	70	APTN	APTN National News (N)	Notre People	Tam	Pachamama	Chasseurs de loups, chasseurs d'or (1994)				
	50	50	50	BET	106 & Park: BET's Top 10 Fabulous album release.		3 Strikes * (2000, Comedy) Brian Hooks, Faizon Love.			Tiny & Toya			
	37	37	37	BRVO	Street Legal "Last Rights"	Olivia is charged with murder.	Bohemian	Bohemian			Valhalla		
	25	25	25	CMT	Dedicated "Johnny Reid"	Cheerleaders	Home Improve.	Home Improve.	Reba	Reba	Hop & Faith		
	49	49	49	COM	Laughs	Comedy Now	Air Force	22 Minutes	Corner Gas	The Simpsons	South Park	J. Foxx	
cable variety	153	153	153	COURT	W-FIVE	World's Wildest Police Videos	Cops Uncut	Dumb Criminal	Legal Briefs				
	38	38	38	DISC	Canada's Worst Driver	Daily Planet	MythBusters	Dirty Jobs		Police Videos			
	34	48	48	HGTV	Holmes on Homes	House Hunters	Property Virgin	For Rent	Income Prop.	Marriage	My First Place	House Hunters	
	46	46	46	HIST	Tank Overhaul	NCIS "Suspicion"	Tank Overhaul		Finding the Fallen	NCIS			
	17	17	17	MM	Shot at Love-Tila Tequila	One Tree Hill	Degrassi: TNG	Instant Star	Shot at Love-Tila Tequila	MuchNews			
	19	19	19	MM	mmtop10.ca	The Daily Fix	I'm a Celebrity, Get Me Out of Here!						
	209	201	201	M1	(5:50) The Duchess	Stargate Atlantis	Sanctuary "Revelations"	Durham County (N)	Nurse Jackie				
	48	23	23	OLN	Mantracker "Buck & RJ"	Ghost Hunters	Dog the Bounty Hunter	Survivorman					
	51	51	51	PEACH	Seinfeld	Friends	Family Guy	House-Payne	Mississippi Burning *** (1988, Drama)				
	206	206	206	PIX	The Song of Hiawatha	(8:10) Citizen Ruth *** (1996, Comedy) Laura Dern.			Do the Right Thing *** (1989, Drama)				
cable variety	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	RDI en direct			
	39	39	39	SHOW	Trailer Park	Trailer Park	The Outer Limits	Cashing In	Kink in Hair	Love Sick: Secrets of a Sex Addict			
	40	40	40	SLICE	So Chic	Skin Deep	Til Debt-Part	Newlywed	Newlywed	Nearly Dead	Nearly Dead	In Laws	
	47	47	47	SPACE	Stargate SG-1 (DVS)	Star Trek: Voyager				Solar Attack (2006, Science Fiction)			
	14	14	14	SPIKE	CSI: NY (HDTV)	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	Jesse James Is a Dead Man		Today You Die			
	57	98	98	STAR	Living the Life	Hollywood	The Ellen DeGeneres Show	TMZ (N)	Hollywood	Canada's Next Top Model	Tonight Show		
	21	21	21	TLC	What Not to Wear	18 Kids-Count	Little Couple	Dancing Tweens (HDTV)	Little Parents: Big Pregnancy	Cake Boss (N)			
	56	34	34	TROP	North of 60	Once a Thief	Carlwood (N)	Prod. Parker	Ground Up	Smarter			
	20	20	20	TV5	Que-champion	Journal de Fr2	Secrets d'histoire		Trésors du val de Loire				
	28	28	28	V	Nothing Too Good	Murder, She Wrote	Green Grass	Summer Wine	SOUL "Exile"		Secret Files		
cable variety	60	97	97	VIVA	Da Vinci's Inquest	Judging Amy	Most Haunted	The Closer "Round File"			Museum		
	22	22	22	W	Style by Jury	Style by Jury	How Clean	Kim	Love It or List It		Guilt-Assoc.		
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	One Tree Hill (HDTV)		WGN News		

Not guilty

A British judge acquitted Amy Winehouse on Friday of assaulting a fan who asked to take her picture. The singer was found not guilty of punching dancer Sherene Flash.

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14 entertainment



Despite Mischa Barton's week-long stay at a L.A. hospital psychiatric ward, Ashton Kutcher claims the actress is "doing great" and is headed to New York to work on her new show, *The Beautiful Life*, which Kutcher is producing. **METRO WORLD NEWS**

Celebrity Buzz

Usher's ex no gold digger

IN HER DEFENCE Usher's estranged wife isn't a gold digger, insists her friend, femalefirst.co.uk reports.

Friends of Tameka Foster — who has two children, 19-month-old Usher V and eight-month-old Naviyd Ely, with the musician — are tired of rumours.



METRO NEWS SERVICES

suggesting the makeup artist only married Usher to get her hands on his fortune.

Nyeisha Dewitt, Foster's best pal, said: "To say that she's a gold digger ... that's just not the case."

"People say that she just had a baby so that she could get paid. Why can't you just be a regular person who has a wonderful job ... and then just fall in love with someone? Then you turn into a gold digger? How does that happen?"

METRO NEWS SERVICES

Grieving John having crisis of faith?

FALLOUT Friends of John Travolta are concerned for the reclusive star's health. The actor has been taking midnight drives in a golf cart alone across his Jumbolair estate in Florida, femalefirst.co.uk reports.

He is said to be unable to sleep, grief-stricken over the recent death of his teenage son, Jett.

The late-night drives are a regular occurrence, according to one local resident.

A neighbour said: "We often see John driving himself around at night.

It's sad to see. You rarely catch sight of him during the day. We used to see him driving around on a buggy with his son. Now it's just John by himself."

Jett died after suffering a seizure while on a family holiday in the Bahamas in January.

Since the tragedy, Travolta has admitted Jett was suffering from autism, going against Scien-

tology, which does not acknowledge autism as a medical condition.

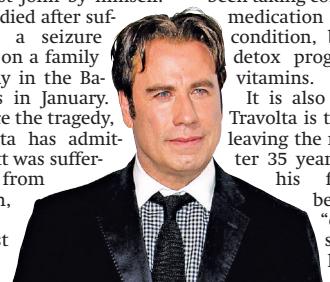
After his death, it was claimed Jett may not have been taking conventional medication for the condition, but rather detox programs and vitamins.

It is also rumoured Travolta is thinking of leaving the religion after 35 years, because his faith has been so "deeply shaken" by his son's

death.

If the star — who has donated millions of dollars to the religion — does leave, the church is likely to react badly, according to Rick Ross, an author and lecturer on Scientology.

"(The church) has proven in the past that it has a penchant for releasing that information to embarrass people who have left and who have said things it doesn't like. That's why I think Travolta will want to keep his problems with the Church private." **METRO NEWS SERVICES**



LeAnn's marriage over amid affair rumours

BREAKUP LeAnn Rimes opened up about relationships gone wrong during her performance at the Deer Valley Music Festival in Utah Saturday night, usmagazine.com reports.

"It is inevitable that sometimes in a relationship, you will have your heart broken," said the singer, who is separated from her husband of seven

years, Dean Sheremet.

"Sometimes you don't do anything, but sometimes you want revenge. Sometimes you don't, and that's when you just leave it in God's hands."

Rimes, 26, was not wearing her wed-

ding ring on stage.

On Saturday, a source told Us that Rimes and Sheremet are "leading separate lives ... but still in each other's lives as best friends. They are not divorcing yet, but working through things and taking time apart ... while they figure things out."

METRO NEWS SERVICES



Kate coming to terms with split

BIG STEP As her estranged husband Jon Gosselin gallivants around New York City and the Hamptons with other women, Kate Gosselin has taken a more subtle step toward a new life: She's removed her wedding band, people.com reports.

The reality star was photographed Friday for the first

time without her ring during a coffee run near her Pennsylvania home.

Just last month, removing the ring seemed like a symbolic gesture that she was not yet ready to make. "I haven't taken off my ring," she told People at the time. "It would devastate my kids. It's not



necessary. I was looking at it while I was in the shower this morning, and I thought, I'm not taking it off. I'm not ready."

Ready or not, Jon has made it clear he's prepared to move ahead into single life after a decade of marriage. He went to Saint-Tropez with his new 22-year-old girlfriend, Hailey Glassman, rented a bachelor pad in Manhattan, and then holed up at Michael Lohan's house in Long Island with a tabloid reporter. **METRO NEWS SERVICES**

Lindsay eyes sweet venture

PROSPECT Lindsay Lohan wants to design candies with Sugar Factory, a firm that manufactures "couture lollipops," femalefirst.co.uk reports.

The 23-year-old star has been regularly pictured sucking on lollipops, and a source says she uses them to stop from returning to her vices.

METRO NEWS SERVICES

Vanessa settles into new home

GROWING UP Vanessa Hudgens appreciates a clean house after becoming a homeowner, femalefirst.co.uk reports.

The actress recently moved into a six-bedroom, \$2.75-million US mansion and is beginning to realize how difficult she made life for her mother.

She said: "There is a struggle to keep the place clean. I'm always in my

kitchen scrubbing down the counters and doing the dishes."

The 20-year-old said this about living alone: "All my friends are scared for me.

And of course I can tell my parents panic a little."

"The best thing about living alone is being able to have my friends come over whenever."

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Change of heart

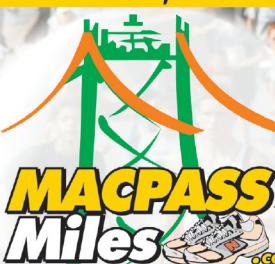
Gwyneth Paltrow, a previously devout vegan — who claimed last year that she hadn't eaten meat in 15 years — posted a cooking video recently to her website, Goop, in which she prepares roast chicken. In it, she passes on her grandmother's tips before deboning the bird on camera.

METRO WORLD NEWS



Ex-vegan Paltrow cooks a chicken

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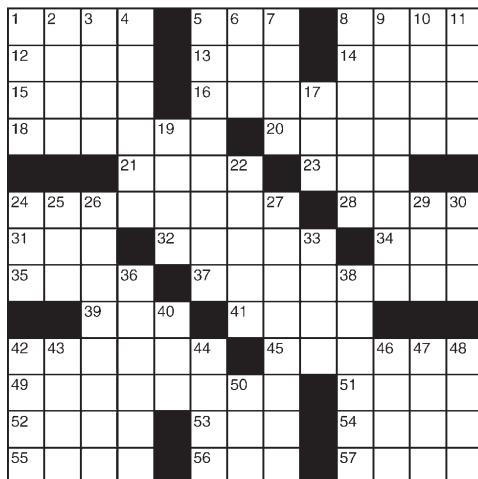
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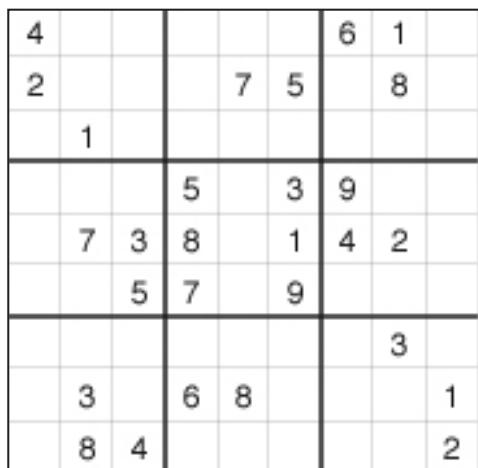


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**Sudoku**

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**Horoscopes by Sally Brompton****ARIES****MARCH 21-APRIL 20**

No matter how many serious things may be going on in your life at the moment you are determined to go out and have a good time.

LIBRA**SEPT 23-OCT 23**

The more you look at the world around you the more you will realize there is a pattern to your existence.

TAURUS**APRIL 21-MAY 21**

You may be in the middle of a winning streak but don't take your good fortune for granted.

SCORPIO**OCT 24-NOV 22**

It's not like you to be so free and easy with your cash but you seem determined to lavish gifts on everyone.

GEMINI**MAY 22-JUNE 21**

You will feel good about yourself today, but one thing you won't feel is the desire to do anything strenuous, so don't overdo it.

SAGITTARIUS**NOV 23-DEC 21**

Reach out and touch someone special today. Let them know that your feelings for them are as strong as ever.

CANCER**JUNE 22-JULY 22**

You like to ponder the big questions of life but today you must put them to the back of your mind and focus on more practical issues.

CAPRICORN**DEC 22-JAN 20**

You may be desperate to make a good impression on people who can help you career-wise, but don't run yourself into the ground.

VIRGO**AUG 24-SEPT 22**

You'll find it easy to get your own way today. Other people seem mesmerized by your glamour and will do whatever it takes to please you.

PISCES**FEB 19-MARCH 20**

You've had a lot on your plate in recent weeks and may have been too busy to spend much time with your nearest and dearest.

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WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like CAT and DOUBLE TROUBLE), and they will fit in the letter spaces. The number after the definition tells you how many syllables in each word.

- Everyone plummets (1)
- Estate beneficiary who's naked (1)
- Jail room's chimes (1)
- Surfer guy made cow sounds (1)
- One more than seven in a row (1)
- Pretending to make cookies or pies (2)
- Muppet Oscar's baseball catcher stances (2)

7-27-09

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**Metro Recipe of the Day****Four Seasons Pizza****INGREDIENTS:****PIZZA DOUGH**

2 1/2 cups (625 ml) white bread or plain flour
7 g sachet dried yeast
1/4 tsp (1 ml) salt
2 tbsp (25 ml) olive oil
Between 1/4 and 1 cup (about 200 ml) tepid water

TOPPINGS

5 oz (150 g) baby leeks, trimmed and sliced
4 oz (125 g) mushrooms, sliced

1 tbsp (15 ml) white wine vinegar

4 large grilled red pepper pieces, drained and thickly sliced

2/3 cup (150 ml) canned artichoke hearts, drained and quartered

1 garlic clove, finely chopped
2/3 cup (150 ml) tomato paste

1 tbsp (15 ml) tapenade
1 oz (50 g) prosciutto, thinly sliced

1/4 cup (50 ml) pitted black olives, sliced
1/2 cup (125 ml) semi-dried tomatoes, chopped

1/2 cup (125 ml) grated mozzarella cheese
A few fresh sprigs of oregano

METHOD:

1. Mix flour, yeast and salt in large bowl. Make well in centre and stir in olive oil with enough tepid water to make smooth dough. Turn dough out onto lightly floured surface and knead five minutes until smooth and elastic.

Place dough back in rinsed-out and lightly oiled bowl, then cover with damp dishcloth or oiled plastic wrap and leave in warm place for 1 hour or until doubled in size.

2. Meanwhile, preheat oven to 400°F (200°C) and prepare

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!





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